



You only live once
Create a bucket list and see where it takes you.
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SPOKE

A LEARNING HUBROOM FOR JOURNALISM STUDENTS



Three's company
Mom and daughters off at Conestoga
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WEDNESDAY, APRIL 17, 2013

CONESTOGA COLLEGE, KITCHENER, ONT.

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44TH YEAR — NO. 13

Practising the pipes

By ALEXANDER DEER

You may have seen a last bag-piper on your way to or from Conestoga College in the open field beside Pines Plaza, an open grassed lawn on the halfway of roadways with bus pipes as low but never stopped to ask him about his unusual hobby.



Christie

Julian Christie, an electrical engineering technology student, plays the bagpipes, an expression of art of McCallum AGG to be precise.

"When it's busy, it's meant to practice in the field," he said. "I don't really have a piece of bagpipes other than the field right now. In most all depends, I've played in the basement, a couple times and they've said it is like the one to practice there because they can't hear it in the first time. I find sometimes there's hours out there but what she can see expect from a field?"

Christie's family is of Scottish descent and both his grandfather and great-grandfather played the bagpipes. "I started learning two years ago. I started learning through the Pines Plaza Road from Bill McCallum," said Christie.

Christie is a member of two bands, the Pines Plaza Pipe Band, and the Kitchener Pipe Band. He takes lessons from Gord Kirk, every Sunday morning for an hour in Kitchener's first headquarters.

"Kirk is my favorite one to play in competition and in general. I like to play with him. He is a fun time to play. It's honestly my band movement," said Christie.

He said few people ask him about his bagpipes. "Some people come and say 'hey, I want to learn the pipes. Do you know anyone that I can learn from?' Other than that, most people don't approach me about it," he said. "I do wish they would ask me more about it."

Christie's next appearance will be to attend the Ontario Scottish Highland Games where he will compete in the pipe band competition on April 14.

He said this is a bag day for him, and he has been worrying that he won't have all the time he needs. See Page 13 for another photo.

WORDS FROM THE WISE



PHOTO BY ALEXANDER DEER

Conestoga's Aboriginal Services has as a staff member who is a former police officer who is coming to the campus to meet with students. Name after David (left) visited on March 20. He joins the staff in order to be a role model for students.

Thieves target college parking lots

By ALEXANDER DEER

Two vehicles have been stolen from Conestoga College's Dean campus parking lot in the past year.

According to Mark Richolm, regional manager at Safety and Security Services, the thefts were related incidents involving two GMC trucks.

"People go out and find that their trucks are not there," she said. "We call Waterloo Regional Police and provide any footage for them that we have. They are not sure if they will see it." (The second public office in order was for the Waterloo Regional Police Service and the first theft occurred on Feb. 7 and the second on March 6.)

"One was a Chevy Silverado and the other one was a Ram," he said, adding they have not yet been recovered and the thefts are still under investigation.

According to Richolm, police received both complaints after 5 p.m.

In March 2010 Spoke reported a similar incident in which two vehicles were stolen from Dean's parking lot in connection with a chess shop, an operation set up in using vehicles of their parts for sale in underground or

24 HOUR VIDEO MONITORING AND RECORDING IN EFFECT AT THIS CAMPUS FOR THE SAFETY OF STUDENTS, STAFF AND VISITORS



PHOTO BY ALEXANDER DEER

Two vehicles were stolen from Dean's parking lot this year despite constant video surveillance monitoring the lots. Police say the trucks have not been recovered.

services markets. The person involved with the thefts was eventually arrested. The campus property is Highway 401 makes it a target for our thieves. Richolm said while another vehicle stolen in the area is in the area, we have large parking lots and you go to the mall it happens, you park in your driveway it happens. Richolm also said she did not believe thefts have occurred at any of the other Conestoga campuses. In 2011 police received four complaints of car theft from Dean campus, according to Richolm.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What do you like on the barbecue?



"Pineapple and mango are delicious."

Hailey Livermore,
CJ
office supervisor

"I like chicken."

Hailey Kaur,
social year
practical nursing



"Salmon is my fish."

Hailey Kaur,
social year
practical nursing



"Pork chops, but only if I cook them myself."

Terrance Goodwood,
first year
public foundation



"Steak or anything that's red."

Chris Canning,
first year
public foundation



"Only sausages."

Antony Millick,
first year
supply chain management

By STEPHAN MORTON

Exam time is coming up and a lot of students are starting to feel the pressure of school and life's other responsibilities. If you ever feel like you can't take the stress anymore, Counselling Services is here to help.

Located in the Student Life Centre in Room 1A111, Counselling Services offers a free non-threatening environment to help students deal with any problems.

I decided to use the college's resources to help deal with some relationship issues that I was experiencing in January and left in a complete state of shock.

The process of talking up an appointment was quick and painless. All I had to do was simply call. 519-744-5233, ext. 3380 (or obviously you can just walk in) and set up an appointment and within the

week I had a date and time to discuss my issues.

Upon walking in I was greeted by the receptionist in a friendly manner, seated for a couple of minutes and was met by our counsellor Beth Krulter, who walked me to a private room to talk.

Through the talk, we have only been for a half an hour. I can honestly say that it relaxed me and put me in a better place. While talking about my issues the guru gave some advice to try and follow and also comforted me about going to the counsellor's office.

Students may primarily come in and see a counsellor for personal issues. Krulter and during my session "We also do career counselling, but personal counselling is the most frequent kind of that, relationships issues would be one of the most common reasons as well as

stress, anxiety and depression.

"There's no shame in it at all, it's one of the most common human experiences... if people feel it disturbing and hard to focus on school, or things they need to do and if it seems like it's taking over your life at that time, they that is definitely worth talking about."

The Counselling Services hours are 9:00 am to 4:00 pm. The other Counselling Services also offer evening services. Check www.conestoga.ca/counselling/counselling@conestoga.ca for the hours.

If there was one thing that I would stress to anyone who is going through some tough times it would be to reach out someone; and talk to someone. The services are here for us and they may be there if you just give them a chance.

Students give old chairs a makeover

By STEPHAN MORTON-CONESTOGA

The interior decorating students used their creativity and their work put out for them when they had to gather up old chairs and re-purpose them in a unique way for a "Chairity" Gala, where those works of art were put up for bid through a live and silent auction.

"We actually acquired chairs that were either purchased from thrift stores or pulled up off the side of the road," said Bradley Miller, a second-year interior decorating student.

Students were assigned the project at the beginning of September and it was due the last week of November. They were required to work on the chairs on their own time as they had other projects as well. The second coming in on Friday evening.

Each group of students had to come up with their own design. Emma Williams and



Emma Williams and Hailey Kaur with their decorated chair.

Hailey Kaur both created their interior decorating systems helped design and upholstered chairs for a Chairity gala in took place April 5 at the Student Life Centre.

Bradley Miller wanted to incorporate light into their chair, which proved to be difficult at times. One of the issues they had was trying to find upholstery that would give their chair a high class

as they wanted to represent a chair. Another issue was incorporating their chair.

"We thought this was going to take a couple hours on a Friday night," said Williams. "Little did we know, two Friday nights later and we have 10 hours of work, so finally finished the night away."

"Going to incorporate light was difficult," said Miller. "Our brainstorming period was very long because we wanted to incorporate light into our chair, but we couldn't get it incorporated in our chair. We ended up using LED touch lights, but it was a long process."

The students worked in groups of three as they could bring the necessary tools to the interior decorating industry.

All proceeds from the ticket sales and the auctions went to the Hospital of Waterloo Region.

SECOND STORY



New board elected

By KATHY HYNES

Every last a-bello has been said and the names of the newly elected Governance Students' Inc. board of directors have been released.

The new board members are: Donaldis Vangelidis, Cameron Jones, Kevin Black, Jennifer Tice, Kaye Yurkuk, John Anderson, John Byrne and Janet Chelverton.

These students will begin their terms on May 1, the starting and making decisions on student related issues across campus.

10

These people decide where (students') money goes and how it's spent so it (you) runs important (run over to have (had) your say"

— Cam Byrne

10

In recent years the student vote has been low and this year was no exception. While last years vote saw 600 ballots cast this year's 260 votes represented less than six per cent of the student population eligible to vote.

Voting took place from March 19-25 through six days' college-wide.

CSI president Cam Byrne said she was disappointed in the voter turnout despite all of the student advertising that students did.

"These people decide where (students') money goes and how it's spent so it (you) runs important (run over to have (had) your say"

And the directors have a lot of money to spend \$1 and a half, to account for in their year-long term.

While they manage the money and consider what is best for the students at Conestoga, Byrne offered some words of advice to the new board.

"Keep the students at the head of your parade. Be consistent as the representatives and yourself" Byrne said.

Byrne was re-elected as president for the 2001-2002 school year.

Student sings the praises of charity work

By JEFF HARRIS

A teenager with a strong work ethic came on last winter as the middle of the Kitchener Market on March 31 with many people shopping to find cheap gifts for their loved ones, helping with his dream to change the world.

With a graceful smile, Scott Murphy led out the song "Call Me" while singing every 15 minutes of night for a personal goal driven project who currently attends Grand River Collegiate Institute in Kitchener.

On Aug. 5, Murphy is going to Kenya to help build a school. During these weeks he will be working on a free-standing classroom and will also help build a new water system. The most exciting part of his trip is when he will have the chance to teach English.

Every December for the past four months, Murphy has been at 7:00 a.m. and headed, guitar in hand, to the market to raise money for his trip to Kenya. He sits at the market with a sign saying, "Donate to help me build a school and provide clean water in Kenya." Since Murphy started going to the market he has received \$4,200 toward his trip.

"A lot of people come up to me and ask me what I am doing and where

I am going" said Murphy. "I learned a lot about it in school because they do a lot of work with Free The Children and also with the Marian Thompson Initiative (a not-for-profit organization that provides income-earning Canadian Aboriginals). They don't get the proper funding."

Me to We is a part of Free The Children and is a socially conscious charity based and based in Me to We provides people speakers, leadership training and transformative travel experiences to places such as Ecuador, Kenya, China and Armenia. Multiple schools in the area have clubs that support Me to We and some students like Murphy decide to take one of their life-changing trips.

According to the Me to We website, www.meto-we.com, to we is the organization measures the bottom line not by dollars earned, but by number of lives changed and the positive social and environmental impact everyone makes. Kind of like Me to We's profits are donated to the charitable partners, Free The Children.

After graduating high school in a few years, Murphy hopes to attend the University of Guelph where he would like to major in global studies.



PHOTO BY JEFF HARRIS

Scott Murphy raises money on the tables of the Kitchener Market on March 31, so he can continue to raise money for his trip to Kenya in August.

Hospitality students encouraged to attend event

By JENNIFER HARRIS

An evening filled with conversation, dialogue and real world experience will be brought to hospitality students by the event management students at Conestoga College in conjunction with the Alumni Relations department.

Conestoga Hospitality students and industry professionals are participating in the hospitality networking night being held on April 18 at the Kitchener Market from 5 to 9:30 p.m.

Students from the following programs participated, including culinary management, culinary management, culinary skills, event management, hospitality and tourism management, hospitality management, hospitality management - hotel and restaurant and hospitality operations - food and beverage. All are invited to this free event in order to build valuable connections for their future careers.

According to their selection

ment, "It's not what you know, but who you know."

Kevin Rice, Conestoga College Alumni Relations event organizer and the evening will include a speed networking session followed by a reception including free drinks, their prizes and a cash bar.

Based on the number of students in attendance, we want to set this networking session up based on preference so the students can talk to people directly in the

field. The reception will be the time students will mingle and talk to everyone," said Rice.

The evening would not be possible if it were not for sponsors, including the Kitchener Market, The Delta Inn, Appetizingly Yours Events and Catering and Conestoga Student Inc.

To register or for more information contact Don at don@conestoga.ca.

Students are asked to register by Friday, April 13.

American chain opens in Waterloo Region

By KATHY HYNES

Waterloo region resident.

Maribella, an American department store, has finally made the leap from the border to open their first store in the Waterloo Region and opened in Kitchener one of their 13 new locations in Canada.

In addition to their retail customers, they are targeting a more youthful demographic of 14 to 25-year-olds and often seen in department stores.

Maribella is also getting themselves out from computer by not selling jewelry or home décor items.

The only Maribella store in the Waterloo area is at the

opening on March 30 at the Nordlands on the Northville Boulevard.

"We used to shop across the border because we liked the diversity of the products they offered. Now that we have a store on the Canadian side, it was cheaper to shop in the States," said Simon Condie, a Maribella shopper.

"Now that the stores are located in Ontario, I'm more likely to shop here and it's nice to have some of these brand names more convenient."

While there are more stores being in the business many feel that bringing the American favourites here could hurt small shops and

stores by taking away from locally owned and operated smaller businesses in the area as well as negatively affect Canadian stores.

I don't think there is any potential need for American stores to come to this area, especially since they can be so devastatingly competitively priced and operated here because that provides every thing that we already need," said Kitchener resident Sherron Heston, who admitted that she "can also understand that people may like the diverse options that foreign owned businesses can bring."

Many shoppers might be surprised to know that

Canadian based companies such as Winners and HomeSense are owned by TSE, an American based company operating out of Pennsylvania. Most that also own the retail.

And it's not just Maribella that has a cash dilemma in Canada. Most new Target will open 20 new stores in Ontario alone, including one in Guelph, Fortin and Cambridge.

And just like any other big name, American company that has made the name across the border, such as Wal-Mart, Canadians will embrace the growing variety of brand name merchandise at cheap prices.

Counselling services presents the
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IN THE E-WING CONCOURSE FROM 10 AM UNTIL 1 PM

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Come in for a free mini session.

Anxious? - Feeling overwhelmed? - Anxious
WEDNESDAY, APRIL 11TH 2012
STRESS FREE ZONE
E-WING
CONCOURSE
Tired - Are exams stressing you? Tired

reflexology

healthy snacks



CAN YOU HEAR ME NOW?

Leanne Lake (left) uses a white stethoscope on one- and two-personal hearing system. Mia Preece is not. The instrument is used to view the lower end of the ear canal.

PHOTO BY ANDREW DOOLLEY

Young councillor, young ideas

BY JAKE ROBERTS

Despite being at his mad (his) and new to Cambridge City Council, Michaela Remota has big plans for the city.

After being elected as Ward 8 councillor in October 2010, he started small, such as getting the council to ring Q Channels at council meetings once a month. He has also worked with the youth advisory committee to get more change for today's youth to do, such as the new 100% park set up in Riverside Park. He has also asked for the door to be a proposal to get

roundabout on Franklin Road and he helped to get residents more time to comment on the plan. However, the region hasn't acted on the proposals of yet.

Another thing Remota said the council have been trying to do is get less public transport services. Council passed a motion to have the region look at it but they haven't heard back from them. He also talked hard to get the light rail system extended all the way through Cambridge, but failed.

"I did stand up for my city and I put up a good fight that was a battle we didn't win but

I at least put in the paperwork and tried my best to get Cambridge a better deal," Remota said.

He looks well-thought-out regarding his city and gave a message to that people can have their voice to be heard and so he can get some feedback. One of the things on his agenda is to get better public transport for the city. Some areas of his ward only get bus service and some that are not from him in the afternoon until 10 in the evening. He wants to expand services so that the people on Trent Road can get home as well.

The council has been trying to get the mayors from Milton Keynes and all the towns in between to show their support behind having the 10 towns run through Cambridge.

"Michaela brings a joint perspective to council," said Mayor Doug Cheng in a phone interview. "He is very strong in the planning aspects of his community. He has an unbiased way to the debate."

Remota became a councillor because he wanted to get people involved in the council. By his words he is helping

others hear to their. As a councillor he gets to take on a leadership role and he has the power to make decisions.

"I love people. I love making a difference in their lives," said Remota.

He said he doesn't have any immediate plans for the future. However, he does intend on running again for his position because he wants to be in it for the long term. But things could change and he might decide to do something else. In the meantime, Remota will continue to work hard at making sure the people in his ward are happy.



COUNSELLOR'S CORNER: A Healthy Lifestyle

The pressures of school can easily cause students to lose the balance between taking care of themselves and the need to put their best efforts into succeeding academically.

School, part-time jobs, family and relationships all make demands on us which can cause stress and stress-related illnesses. But there are ways to maintain our health and keep an equilibrium between competing demands on our time and energy. Scheduling in time for self-care may mean reserving several hours a week for a fitness activity we enjoy. We need friends we can talk to about personal matters and daily life, and people to just "hang out" with and do something purely for fun. We need to feel comfortable in being alone, with time for relaxation and quiet reflection.

Getting eight hours of sleep nightly, eating at least one hot, balanced meal daily, maintaining appropriate body weight and monitoring our use of alcohol, caffeine and tobacco are choices that will help us live longer and prevent illness.

Living a healthy lifestyle will also help now by boosting concentration, memory and stress. Having a balanced, healthy lifestyle helps us feel more relaxed, in control of the present and our future direction.

A Message from Counselling Services



PHOTO BY JAKE ROBERTS

Michaela Remota is the young Ward 8 councillor in Cambridge who has been in the office to change his ward and his city.

Half of college's garbage could actually be recycled

By KYLEA DEAN ROSE

Janice Demopoulos stared at the low plastic bins, labelled "recyclable — paper," "composting — organics," "recyclable — containers" and "garbage" and then at her empty appearance container. "When does it go?" she put that office advertisement — that office advertisement — in her student's hand and she stood nearby with my notepad and camera.

The dorm waste units had a few more yet, but it was OK if she wanted to use the bins reserved for it. It didn't seem matter if we passed among it passed "recyclable — containers." Today her appearance container would be going where it belonged.

Unfortunately, individuals who practice — and understand the importance of — waste diversion such as Janice Demopoulos, environmental coordinator of Morton Sherman Composting's housekeeping services will not be as loved every day to dump and contaminated recyclables and organics and properly not them.

Vedika, mismanagement and tagged out bags of refuse, were into the atrium, piled only by the housekeeping supervisor, Phyllis Cantor, publicly running down my offer to help because it would get my "lunch duty."

Pre-sorted by students in the cafeteria, one bag held items from the paper bins, one from containers, one from organics and three from garbage. The clear bags told us equally clear story of students' lack of knowledge about sorting.

Please don't mix them in with organics. Paper that went the containers pile. Many, many compostable materials such as coffee cups and paper plates, were garbage as far as their users had been concerned. One fly buzzed around while Vedika sorted.

The smell was mildly offensive but what really stunk was the carelessness that was evident in some of the gifts and garbage. In Vedika's words, most students "don't think about [garbage] once it leaves their hand, but [then]

and people who have to deal with it." Biotechnology student Mary Mallin, who watched from the upper floor balcony, admitted that this "kind of confusion" when it comes to sorting waste — but, not so much here as at Fleming College, where the end waste is sorted into seven separate streams.

When Vedika's sorting concluded, she had filled to capacity three bags of paper, containers and organics — and was left with less than a full bag of garbage. "Here we're letting students watching nearby expressed surprise at how little was 'actually garbage'."

Comstock has a goal of 90 per cent waste diversion. According to last year's annual waste audit, conducted by the provincial government's sitting on the "mid-90" mark, the most colleges in Ontario.

Recycling and composting services at Comstock comes at a price, and that price comes out of the annual student budget. Vedika estimates

that about \$50,000 of last year's budget was spent on waste disposal, 30 per cent of that landfilling — though half of what the school wants to landfill doesn't have to be, as the school waste audit proved. It would be easier to stop the service but this would come at a cost to the campus community and the Waterloo landfill, which has only 18 years left before it reaches capacity.

Former CMI director of sustainability Tony Ross, who attended the audit, said he

would like to see instructions for proper sorting given to first-year students during orientation.

"Taken taken of the mini audit will become a 'sorting tool,'" said Vedika. During the closing of last meeting through garbage, she declined to speak, saying the video footage, taken by her media technologies, Chris Martin and journalism post students John McKenzie and Shoshana Jones, would "speak for itself."



Collected waste, pre-sorted by students, was arranged in front of their problems by Janice Demopoulos prior to sorting. The three bags of regular garbage, shown on the far right, should be half as big if other proper sorting was complete.



PHOTO BY KYLEA DEAN ROSE

Comstock recently held a Green Week which encouraged students to take green activities and giveaways included a free coffee and mug giveaway, a free waste audit, a free ticket giveaway on "Dorothy's Wear Green" day, a Green Week celebratory menu and green carbon candy. Above: Janice Demopoulos sorts garbage while student Shoshana Jones records it on video.



Every three weeks a stack of printer paper representing the amount thrown out by each Comstock student every year.



Wendy Green and her two daughters, Nikole (left) and Brandi (right), enjoy their time at Conestoga together when all three attend classes.

Three's company at Conestoga

Conestoga sisters share the hallways at home and on campus with their mother

BY JACQUELYNNE

Have you ever said or done something at school and thought to yourself, "Oh, what would my mother say?"

Nikole and Brandi Green-black have. But in their case, they might just get an answer.

That's because while they roam the halls of Conestoga, so does their mom. They might say it's because she's busy. But many parents the worse informed and curious, as my first-year press journalism student would.

That's right, while Nikole, 21, and Brandi, 22, go to their business foundations and business — marketing classes, respectively. Wendy Green-black is right around the corner, attending her own set of classes.

"I've wanted to go back for a long time," she said. "But through many of the holes and everything, I just couldn't do it. ... I didn't feel I could do

both."

Before the kids came along, a lonely childhood and lack of a high school diploma kept her away from college. That's not to say she wasn't leaving, however, as she spent her youth traveling, picking up new languages and being adventurous.

Years later, Wendy found herself in a dead end job at a call center and took it upon herself to get her GED at Wake Technical Community College and apply to Conestoga.

As she and her daughters wrap up their first year at the college, the girls looked back on the experience.

"It was a little weird at first. I'd have to share," said Brandi. "When she was like 'Oh I want to go back up to college I was like really.' But I guess a lot of grow up me and I see that she really supports it so, whenever states her happy, makes me happy

too. I'm happy for her."

Little one feels the same way.

"There's times where I say it and there's times where it's like, 'personally my mom goes to college with me,'" laughed Nikole. "But I think of it like she's listening herself. So, ultimately it's going to better all of us. It's great that she's decided to come back to college and learn and get a better career. I'm proud of her and I think I'm pretty OK with it."

The mother of two enjoys sharing the experience with her daughters too, and finds herself in touch with more aspects of her daughters' lives than she might otherwise have been. Her progress has kept her current on the top and out of social media.

"It's really great," she said. "Because in a lot of other situations, mothers and daughter situations, the mom is probably different in a lot of it like,

she doesn't get it, where I do because I'm learning at the same time they are."

The caring mother drives her daughters to school, even on her day off and occasionally makes a trip of lunch.

Only "when she's feeling me!" though, according to Nikole.

The car isn't the only thing the family shares in the morning, however, as one room in the home becomes a school of security.

Every day their bedrooms are filled in the home with hair spray and sponges as the college girls get ready for school. While Brandi and her mom use these things differently to share one mirror, Nikole applies her makeup using the other, pausing atop the table with the rest down.

The three would all agree that this is a special time in their lives.

"Not too many people get to experience going to college

or school with their parents or mom," said Brandi. "I think it's an interesting experience. It's a sure way to keep us together and bond, kind of in a different way."

Although the mother of two took great pleasure, her passion lies elsewhere.

"I like to travel more," she said. "So videography is my ultimate goal — but when I was doing my upreading, both my English teachers said that I had a natural flow and a creative ability to write."

Although the program is a little more structured than she's used to and she doesn't know if she'll pursue it, she's taking it in stride.

"You know what, I'm not jumping by doing any of this. I'm learning a lot. I think that no matter what I end up doing, no matter what direction this takes me, whether it be this videography or whatever, I can't lose."



PHOTO BY BEN STODOLAR

Shaneen Chen (photobooth from left), Andrew Shiao, Catherine Ing and Justin Loonnes (center) play Mahjong at Just By Chance Games.

Game store is more of a hangout spot

It hosts seven tournaments a week

By BEN STODOLAR

Just By Chance Games is more than just a store that sells stuff; it's also a great hangout spot.

Justin Loonnes opened the store just over a year ago with his sister, Abbie Loonnes, and his friend, Larissa Loonnes (who is now his wife). The business is located at 480 Phillips in Waterloo.

The store is clearly open and cool spaces. There is a section for trading and games such as Magic: The Gathering, a section for board games, a section for RPGs such as Dungeons and Dragons, a small, well-stocked comic and a section full of tables and opened board games for customers to play.

"Everything in this store is a hobby of mine," Justin said.

The store runs seven tournaments a week. On Mondays, Thursdays and Fridays, they have Magic: The Gathering tournaments. On Tuesdays they have open-air "Wishmaster" games, on Wednesdays they play Dungeons and Dragons, and on Saturdays they host special events. On Sunday, they have both Yu-Gi-Oh tournaments and a board games night. Monday evenings are particularly busy — it's not unusual for 30

to 40 people to be in the store at once.

"Mostly what we do here is sit around and try out new games," Justin said, so two Asian customers were taught by him how to play Mahjong (Mahjong is a board game that you play on the completed table of these guys are here even more than I am." He said most of their core are local university students.

"Mostly what we do here is sit around and try out new games... Some of these guys are here even more than I am."

— Justin Loonnes

Loonnes is part of the hobby available in the store. "Justin came into Magic. I'm more into RPGs," Loonnes said.

The Loonnes siblings have lived all around Canada. "I grew up in a combination of Newfoundland and B.C.," Justin said.

Before starting the store, Justin travelled around the country making as many similar stores as possible.

"It's a great way to gather the best ideas and decide

what kind of store I wanted to run," he said. "I was thinking of a video game store or a comic store at first, but there's already a lot of competition in that area."

Justin studied for a dual major in chemistry and physics at Memorial University in Newfoundland, and Larissa holds an English degree from the same university.

"I took lots of different courses. I like learning about science and math," Justin said. He eventually decided that he'd rather run a game store. After he dropped out, Justin moved to Waterloo where he worked over 100 hours a week at a security guard at an airport, saving up money to start a business.

Justin said that video games have a high turnover; they drop in price faster than anything else, while board games and RPGs are more stable.

"I eventually decided to open this store in Waterloo because there isn't much competition and there are lots of university students. Also, I like this city."

The store is open every day from 10 a.m. to 10 p.m. To learn more or find their desired information schedule, call 514-366-0668 or visit www.justbychancegames.ca.



PHOTO BY BEN STODOLAR

Loonnes works Magic: The Gathering cards. He owns the store with his sister, Larissa Loonnes, and his wife, Abbie Loonnes. The store is located at 480 Phillips St. in Waterloo.

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Feeling the heat? Not today!

Before Their Eyes struggles to find Redemption

The fourth release from *Before Your Eyes* came after a pair of hard truths and tribulations. *Charlie's* London Brown left the band and joined *The Plot in You*, meanwhile, Nick Monson left the band only to rejoin. Jordan Dineen and Braden Koenig took the place of Brown and the band switched from Blue Records to InPop Records. After three platters of the type, *Redemption* proves to be a midlife album title. **Winters DJ's**



**Redd
Heavy
Opinion**

Unfathomable asked towards a heavier sound while debuting as pop-inspired vocals. *Redemption* has cut the pop sound down, leaving it just within chords, resulting in less of a genre lapse and more heavy rock.

Unfortunately there is nothing dynamic about the release — it's exactly what a listener would expect from *Before Your Eyes*. In a few places the band's guitar, the lack of surprise will leave you listening bored and looking for something more serious.

Most of the chords rock throughout the album, and clean paired with light screams and upbeat riffs. Fans could compare this delivery to From First To Last's last release, *Things To*

The Wolves, though the unfortunate circumstance of Monson's condition on *Before* will leave fans crying at the direction *Before Your Eyes* is heading in.

Especially one of the strongest tracks on the record, *Find*, is an aptimate performance that reduces atmosphere mutually followed by everything which allows Monson to really demonstrate his vocal talent at the song's finish. Other singles are *Reveal*, in which he played *Tommy*

leads his guitar screams, and *Redemption*, which is laden with two children and into the bar for the album's heaviest tones.

Before Your Eyes is clearly not ready to make up a career full of pulled years happen. As an effort to reach their three previous releases, *Redemption* was nonetheless enjoyable for what it was — catchy choruses with glimpses of the talent that compares the band but is unfortunately understated with the CD.

Guidestones is the stepping stone to revolutionary

by matt merritt

Just pass a *Star Trek: Voyager* episode? Do you like *Guidestones* and looking for a show? It is *Guidestones* that for what you are looking for.

Started in May 2009 by Jay Ferguson, director and executive producer, *Guidestones* is an interactive media thriller that is unlike any other type of entertainment.

According to the *Mapping website*, *Guidestones* is "a 'Go go with a summer block, better' — a mystery." The thriller is first and only one can sign up online with their email address at

www.guidestones.org. The episode, which is a

The series blurs the line between fiction and reality by bringing in

the very real mystery of the Georgia Guidestones.

by three episodes in length, each with a cliffhanger and have a new hidden somewhere within. If you locate and then watch that the online it will take you

to a world of hidden videos, websites and other information that will allow you to move ahead of the pageants. Alternatively, you can just watch and enjoy the show. The short episode makes it easy for anyone to watch them, whether it's in a coffee shop or work or on a short break.

"This story was inspired by a woman, who chooses to remain anonymous," said Ferguson in an email interview. "She was an ex-church member from India and actually experienced much of the events that unfolded in the story."

The story follows two *Revelation* characters, which who, while researching an

unusual murder, uncover a global conspiracy.

Jane (Ed of *World Magazine* website) features in *Guidestones* on Feb. 18 and explained that "the series blurs the line between fiction and reality by bringing in the very real mystery of the Georgia Guidestones, a mystery that suddenly appeared in 2005 in rural Stewart County, Georgia."

Ferguson is also president of *Revelation*, which is an entertainment production company, and has contributed as a writer, director and producer for more than 10 feature films.

Ferguson last feature film *Revelation* legend, was select

ed for official competition at the 1998 Montreal International Film Festival and won the Best Director award at the 1998 Film Festival in Toronto. He received the Best Director award at the 1998 Film Festival in Toronto.

Guidestones is also a mystery thriller. Most recently, he helped develop *TVG* for a Webby and a 2009 Interactive Award by writing and directing networks of the prime-time TV movie, *Revelation of the World*, according to his *Revelation* biography.

For more information regarding the thriller or the storyline, visit www.guidestones.org.

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Facts About Parkinson's



April is Parkinson's Awareness Month



Everything's harder when
your body turns against you.

What is Parkinson's?

Parkinson's is a neurodegenerative disease. Movement is controlled by dopamine, a chemical that carries signals between the nerves and the brain. When cells that normally produce dopamine die, the symptoms of Parkinson's appear.

Who gets Parkinson's?

Parkinson's affects approximately 100,000 Canadians and 6.3 million people worldwide, men and women from all ethnic backgrounds. Although the average age of onset is 60, it also affects people as young as 30 and 40 (called Young-Onset Parkinson's).

How is Parkinson's Diagnosed?

A diagnosis of Parkinson's takes time. There are no x-rays or tests to confirm Parkinson's; a diagnosis is made after a thorough assessment by a neurologist (a specialist trained in Parkinson's).

What are the symptoms of Parkinson's?

The most common symptoms are tremor, slowness and stiffness, balance problems and/or rigidity of the muscles. Other symptoms include fatigue, soft speech, writing problems, stooped posture, constipation, sleep disturbances, and depression.

Is there a cure for Parkinson's?

Currently there is no cure. But there are many promising research projects under way, including finding and understanding the causes and developing better treatments. Many researchers now claim that a cure can be found in the next ten to fifteen years. In the last four years Parkinson Society Canada has contributed just over \$4.25 million in new research grants.

How is Parkinson's treated?

Parkinson's is treated with medication, which can reduce symptoms, but may cause side effects. Physical and occupational therapy and exercise are also helpful. As the disease advances, medications will need to be adjusted. A small percentage of people with Parkinson's may benefit from brain surgery.



Parkinson Society Canada
Soci t  Parkinson Canada

1-800-565-3000
www.parkinson.ca

CONESTOGA STUDENTS GET ROCKIN' AND DIPPIN' WITH C103 AND CHOCOLATE FONDU



PHOTO BY DEBBY WILSON

Many students share their Spotify playlists with their Conestoga classmates every day from 10 a.m. to 2 p.m. The second-year broadcast media student also hosts Radio News Hour from noon to 2 p.m.

Listeners can tune into C103 88.3 to catch Aeger Management (pop/rock), Indie Rock Revolution, Scotty Kops (electronic), Doublet Revolution (punk and blues, bluesy), Planet Ping (progressive rock), Full the Plug (new rock, acoustic style), On the Rocks (country jazz), On Stage (classical music), Songs from a Quiet Place (relaxing music), as well as Spanish, Polish and Serbian programs to name a few. The C103 program schedule is available online at www.c103.ca where you can also listen to them from your computer.



PHOTO BY DEBBY WILSON

Kelsey Meyer (left to right), Kristin Mink and Ashley Johnson, all students at Conestoga College, took part in a chocolate fondue fundraiser on March 17. All proceeds went to Gender Equity which helps girls with physical disabilities achieve greater self-confidence, accessibility and integration.

Better food-covered treats were in store for offering for passersby as well as a fundraiser.



PHOTO BY DEBBY WILSON

Justin Brown, a second-year radio broadcast student, shows his passion for the music he plays as co-host of The Morning Drive on C103. He and co-host Cody Smith (not pictured) spin the tunes Monday to Friday, 6 a.m. to 9 a.m.



***"Finally a radio station
in KW that plays the
new rock I want to
hear."***



PRACTISING IN THE GREAT OUTDOORS



PHOTO BY ALEXANDRA ROSE

Joshua Orndie, an electrical engineering technology student, practices playing the bagpipes in an empty field beside Pin's Place when the weather is nice. Orndie plans to compete in the upcoming pipe band competition at the Bonville Indoor Highland Games in April 18.

OUTDOOR FUN PLAYING CATCH IN THE SUN



PHOTO BY DREW WILSON

The day's record high temperatures which encouraged Kelsey Mackay, a first-year journalism print student, to enjoy the sunshine and hot weather by playing Pinball.

CRUNCH TIME AS SCHOOL YEAR COMES TO A CLOSE



PHOTO BY KATHY HENRY

Students wait a Grand River Transit bus at Conestoga College. They are finding much less time on the last day of school quickly approaches.



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